

## **AIRobics**

AIRobics classes! AIRobics is low impact fat burning exercise that improves balance and coordination and it is fun and energizing! The workout consists of moves from many different workout activities, and it incorporates some moves that can only be done on a trampoline. Studies show that an hour of jumping on a trampoline burns over 1000 calories. Plug 5star

## **Kangoo Jumps**

Imagine an aerobics class—complete with leg lifts and dance moves choreographed to high-energy beats—in which you're wearing a pair rollerblade-like boots with springs instead of wheels. This trend is springing up at clubs like Gold's Gym and Crunch. You can purchase the "low-impact rebound sports shoes" and learn more at **Kangoo Jumps**.

## **Hoop-Ercise**

What goes around, comes around—at least when it comes to hula-hooping your way into shape, the latest trend at this California chain of gyms catering to women. The class hoops are heavier—about 1.5 lbs—than the old-school toy-store variety in order to provide resistance while you twirl.

## **AntiGravity® Yoga 'Wings'**

Calling all wannabe trapeze artists! This innovative new class takes yoga off the mat and into a hammock. The suspension helps you maneuver more easily into challenging positions—such as inverted poses—and hold them longer, so you can, to relieve compressed joints and align the body from head to toe.

## **Strike Force**

Participants use two-foot wooden sticks as they work through seven core movements. Based on Irish Stick Fighting, this non-contact class mimics contact with "attack" moves. The interval workout is easy to follow but intense

## **ViPR**

Which stands for Vitality, Performance and Re-Conditioning and is pronounced "viper"—is a whole-body workout in which participants use a hollow rubber tube with handles for a variety of exercises including lifting, squatting and lunging.

## **Mixed Combat Arts**

Mixed Combat Arts choose from boxing conditioning (includes punching and footwork drills), Muay Thai Kickboxing (a conditioning class that includes kicks, footwork and counter striking techniques) and Brazilian Jiu-Jitsu (a self defense system that builds balance and flexibility) classes

## **Zenergy**

Class is a sequence of yoga poses (such as Warrior One) and dynamic athletic movements (like a rear curtsy lunge or plyometric move), intended to give you a balanced mind body experience

## **Russian Kettlebell**

Classes are popping up at places like the SweatShop in Saint Paul, Minnesota, and the Ridgewood, New Jersey, YMCA. The kettlebell is a weighted iron ball with a handle that comes in weight increments from 9 to 88 pounds. The workout is for approximately eight people and is touted as being useful for core strength conditioning as well as cardiovascular fitness.

## **Punk Rock Aerobics**

Targets the under-30 crowd with punk rock music and attitude. Participants use bricks as hand weights and do “guitar windmills” instead of traditional aerobics moves.